

CELEBRATING **379** YEARS OF THE NATIONAL GUARD



MORALE WELFARE & RECREATION

monthly



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MWR Marketing & Media Publication



**ALWAYS
READY
ALWAYS
THERE**



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THE PLAN-

DROPPING INCHES THROUGHOUT

2015



My pursuit of weight loss began with a plan. A plan requires a series of short term goals, in order to achieve desired results. I was at a point, where I had to make a choice of being a leader and I decided that by being an optimal leader, I must lead by example. I made excuses, such as, "I work too many hours" or "I never have time to work out." I had to get these excuses out of my head and get down to the heart of the matter. It was time to make a choice for my career, my health and maintain mission capability.

I had to figure out what worked for my body, because each body type is different. I cut out bad eating habits and developed a workout routine. This requires self-discipline and a desire to become more physically fit. It is not something that just happens overnight. I decided that I would not weigh myself weekly. With my body type, a change of diet for the first week made me gain a couple of extra pounds. I maintained discipline and dug deep, and kept pushing myself and watching my diet. Before I knew it, I weighed myself at the end of the month and I lost between 10-15 pounds.



THEN



NOW

I wanted to lose at least 6 to 10 pounds a month, so that my body would get used to the weight change and not put it back on as easily. In January, I weighed 300 pounds on a 6'4" frame. In November, I weighed in at 250 pounds and I am in compliance with my body fat percentage. I was able to lose 50 pounds in an 11-month period. I was at 26% body fat, with a waist of 46 inches. Now I'm at 20% body fat with a 40 inch waist. I am still in pursuit of reaching my optimal results but I am proud of the accomplishments so far. I hope that my plan will inspire others who struggle with their weight, to make a choice to become a better, leaner and healthier war fighter.

By: SGT Thomas L. Smith Jr
217th MP CO (AL ARNG)

HUMAN RIGHTS

We live in a time when the first and second world 'super powers' have agreed to enforce laws that protect the fundamental human rights of all humans all across the globe. That sounds very amazing, really. Some of the most powerful nations on earth have agreed to uphold what could arguably be our loftiest ideals... that each living person is entitled access to the basic necessities of life. Surely simply proclaiming such a thing can be good enough to get at least half way!

Unfortunately it'll take more than the force & might of nations to enable humanity to achieve its ideals on a global scale. There's a little hurdle in the way called "humans." We are our worst enemy in this regard, and although we are indeed a successful species at 7 billion strong, we certainly came with a whole lot of baggage. Trafficking in persons, genocide, war, school shootings... it doesn't take many of us to make the initial decision to cause horrifying atrocities, making our ideals seem like the foolish pipe dreams of the immature. But what about everyone else? What keeps the bulk of us from being the worst of us? Can it be as simple as inspiration and motivation?

We find ourselves in Universal Human Rights Month, and the MWR Library believes that everyone is just the right

message away from being inspired to unleash their fullest potential. Please find your own inspiration in the titles below, and maybe we all can get just a bit closer to promoting what we all need the most from each other: Peace.

Nonfiction

- » The Race Beat: The Press, The Civil Rights Struggle, And The Awakening Of A Nation *by Gene Roberts*
- » Traitors To The Masculine Cause: The Men's Campaigns For Women's Rights *by Sylvia Strauss*
- » Common Sense, Rights Of Man, And Other Essential Writings Of Thomas Paine *by Thomas Paine*
- » Citizens Of The World: Readings In Human Rights *by Nancy Carr*
- » Human Rights, The Rule Of Law, And Development In Africa *by Paul Tiyambe Zeleza and Philip J. McConnaughay*
- » Backfire: How The Ku Klux Klan Helped The Civil Rights Movement *by David Mark Chalmers*
- » The Good Fight: Declare Your Independence & Close The Democracy Gap *by Ralph Nader*
- » Freedom Of Expression In El Salvador: The Struggle For Human Rights And Democracy *by Lawrence Michael Ladutke*

- » Human Rights And United States Policy Toward Latin America *by Lars Schoultz*
- » Human Rights: Between Idealism And Realism *by Christian Tomuschat*
- » Victoria Woodhull: Free Spirit For Women's Rights *by Miriam Brody*
- » Soldiers For Peace: Fifty Years Of United Nations Peacekeeping *by Barbara Benton*
- » Constitutional Law *by Jacqueline R. Kanovitz*
- » Ordinary Heroes... A Tribute To Medal Of Honor Recipients: Reflections Of Freedom, Faith, Duty And The Heroic Possibilities Of The Everyday Human Spirit *by Tom Casalini*
- » Escape From Camp 14: One Man's Remarkable Odyssey From North Korea To Freedom In The West *by Blaine Harden*
- » Dynamic Freedoms *by Robert B. Watts*
- » Let Freedom Ring *by Thomas Kinkade*
- » Citizens Of The Empire: The Struggle To Claim Our Humanity *by Robert Jensen*
- » Confluence; A River, The Environment, Politics, And The Fate Of All Humanity *by Nathaniel Tripp*
- » Willpower: Rediscovering The Greatest Human Strength *by Roy F. Baumeister*

by Muhammad Rasheed

MWR Marketing & Media Supervisor



"To deny people their human rights is to challenge their very humanity"

-Nelson Mandela

ON YOUR MARK GET SET "LET'S GO!"

CELEBRATING 379 YEARS OF THE NATIONAL GUARD



379 YEARS

1636 * 2015

Oregon Army National Guard Spc. Aleksander Skarlatos rushed to his feet on that fateful August day, witnessing an atrocity beginning to unfold, and he reportedly boomed to his friends, "Let's Go!" before the three sprinted toward an armed gunman on a Paris-bound train.

The rest, as they say, is history, or a part of it.

As the National Guard celebrates its 379th birthday Dec. 13, the quiet service of Citizen-Soldiers, like Skarlatos, is a reminder of the men and women who make up the ranks of these units – always ready, always there. They have been there since the Minutemen mustered up. Guardsmen were there at the Meuse-Argonne, on Omaha Beach, at Anzio and in the Battles of St. Lo, Vire, Mortain and Brest. And, they were there on that train unarmed, saving the lives of hundreds of potential victims when Skarlatos placed himself in mortal danger while subduing a terrorist, officials said.

As part of the birthday celebration this month, U.S. Army Central plans to host senior leaders from the National Guard, organize a 10K race at Camp Arifjan, press conference and celebrate with large cakes at the dining facilities throughout the Middle East to commemorate nearly four centuries of continuous service to the country.

These scheduled events come just months after Command Sgt. Maj. Brunk Conley, the top enlisted Soldier in the Army National Guard, visited troops at Camp Arifjan over Easter weekend. He saved his most fervent discussions for the role that reserve component Soldiers play in the defense of the nation, even displaying a pocket-sized version of the Constitution he carries with him to illustrate his point:

"You're a Citizen-Soldier. You should wear this (moniker) as a badge of honor. It's noble. It's romantic. It's honorable," he said. "We are in the Constitution."

In September, Skarlatos, age 23, was recognized for living up to that creed. He and his childhood friends, Airmen 1st Class Spencer Stone and Anthony Sadler, received the highest awards for non-combat bravery that the Defense Department can bestow for their actions. French authorities later identified the man as a terrorist armed with several weapons and hundreds of rounds, including an AK-47. Skarlatos was on vacation with his friends after recently returning home from a deployment to Afghanistan earlier this summer.

Wittingly or not, when Skarlatos bellowed the words, "Let's Go!" on that August day, he tapped into National Guard lore, echoing a battle cry that traces its roots to World

War I, World War II, and the 29th Infantry Division, a National Guard division, now based at Fort Belvoir, Va., and comprised of units from Maryland and Virginia.

The first documented use of the term, "Let's Go!" by the 29th was in July 1917 at Camp McClellan, Ala. by Doughboys preparing to go to France, according to retired Chief Warrant Officer 4 Al Barnes, command historian of the Virginia National Guard and coauthor of the book, "Let's Go! The History of the 29th Infantry Division 1917-2001."

The phrase was revived for use again in World War II. It became the slogan and battle cry of the 29th Infantry Division, while training in England from 1942-1944, said Maj. Gen. Timothy P. Williams, the current Adjutant General of Virginia and coauthor of the division's history with Barnes.

General Williams also noted that Maj. Gen. Charles Gerhardt, the commanding general of the 29th during WWII, directed that units yell the slogan at every opportunity. It served as a signal for rallying the troops and to attack. The slogan is pronounced "Two Nine, Let's Go!" according to Williams.

On Aug. 21, 2015, Skarlatos and his friends did just that! Let's go



By MAJ David E. Leiva
CFLCC (MS ARNG)



WE GOT JOKES

THE 1010th
ENGINEERING COMPANY

PRIVATE, I DIDN'T SEE
YOU AT CAMOUFLAGE
TRAINING TODAY.

THANK
YOU,
TOP!



*"We made a private sweep the sunshine
off the sidewalk. It took him all day."*



WHAT ARE THE TOP 3 THINGS



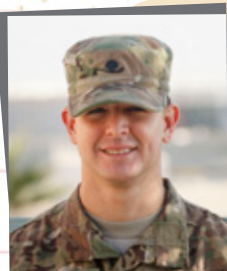
ON YOUR SANTA'S WISH LIST?

Dear Santa.....



I would love to see my family and have a beer with them, what I miss the most is the food. Santa should send me some Puerto Rican food.

SPC Derek Torres
1010th EN CO (PR ARNG)

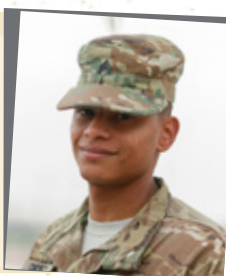


Some time with my amazing wife. To play with my children for a while and then hug them until they push me away. Peace for every country in the world and guidance for the people that don't have it.

SPC Diego Borges
1010th EN CO (PR ARNG)

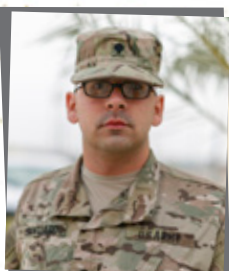
The beach, at least an hour in the water of my beautiful island with my friends and family. Christmas music and instruments to play some "bomba."

SGT Luis Gonzalez
1010th EN CO (PR ARNG)



A trip home for the month of April to see my baby being born. I believe that is all I would ever be grateful to have.

1Lt Miguel Rivera
1010th EN CO (PR ARNG)



To have dinner with my family, specially my wife. See my lovable pets. Feel the heat of my country.

SPC Radames Santiago
1010th EN CO (PR ARNG)



A trip to my beautiful island. A laptop to see my family every day. A trip to Qatar or Kuwait City.

SPC Alejandro Cruzado
1010th EN CO (PR ARNG)

A laptop, one week in my island, trip to New York.

SGT Anthony Martinez
1010th EN CO (PR ARNG)



Be with my family, specially my wife and my daughter. Take a trip home and to be the first to give a present to my daughter. Win the lottery.

SGT Alfredo Gonzalez
1010th EN CO (PR ARNG)



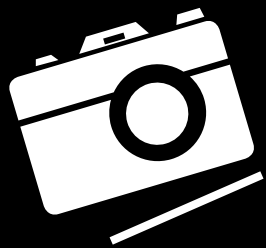
See my kids opening the presents on Christmas. Spend a weekend with the wife and kids in a cabin. Get a new fifth wheels camper to spend time with family.

SFC Jose Rodriguez
CFLCC (PR ARNG)



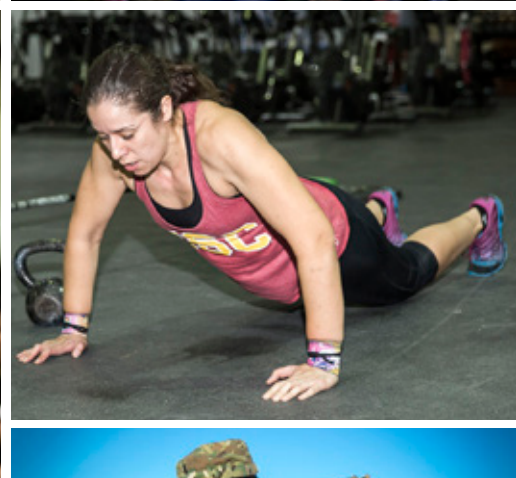
The first on my list would be to see my grandson. He just turned one year old and I have only seen him briefly when he was 4 months, my two sons, and spending time with the rest of my family and friends.

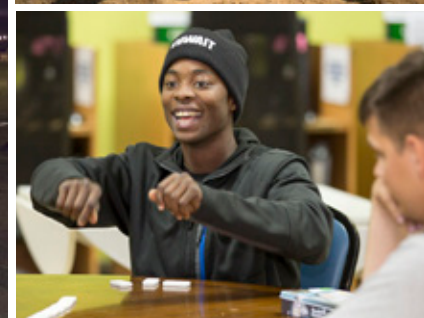
CW4 Judy M. Holzmer
CFLCC (IL ARNG)



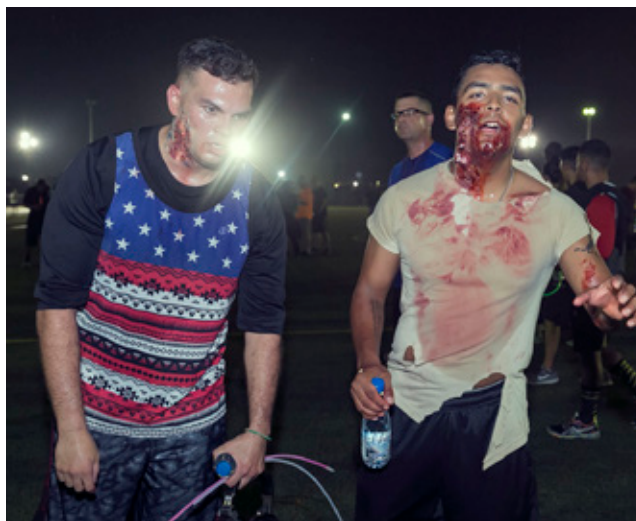
HIGHLIGHTS

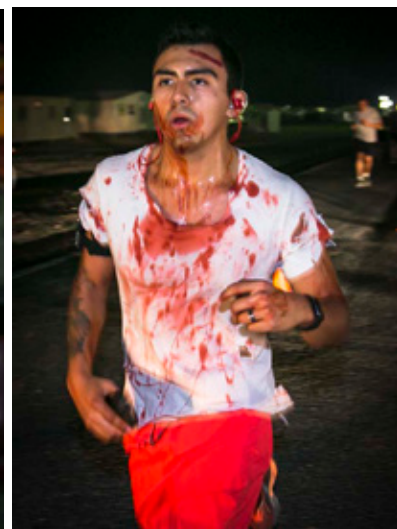
AROUND THE CAMPS





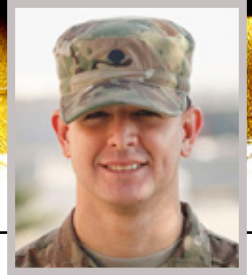
HALLOWEEN RECAP





LIFTING SPIRITS

By SPC Diego Borges
1010th EN CO (PR ARNG)



It's no secret that in the military the bond you make with your peers transcends the formalities of work ethic. Often you can hear the word brother replacing the term coworker. The transmutation of designations happens easily, the support we soldiers give each other when going through hardships is one of the keys that define our relationships. That support can be found in different types of gestures.

SPC Michael J. Padilla from the 1010th Engineer Company, battles malnutrition with beneficial nourishing guidance, excess fat with sweat and coaching, and depression with the endorphins that a good workout creates. Padilla has been teaching the sport of Olympic Weightlifting and serving as a sport nutrition "guru" to a group of sol-

diers from the assembly since June 2015. Free of charge he has helped keep the morale high and P.T. failures almost inexistent for the company. When asked about the reason why he takes almost all of his "personal time" to train other people he humbly answers; "I love what I do. In college I majored in the Sports Sciences, concentrating on physical conditioning. To see people getting better and closer to accomplishing their goals makes me happy and proud."

One of those success stories comes from SPC Jose Maldonado, "I started training Olympic Weightlifting under the tutelage of SPC Padilla because I had a weight problem, 189 pounds for a person that is 5 foot 4 inches high, is unacceptable, on my standards and the Army's. With the routine,

nourishing, guidance and supervision that Padilla gives me, I have lost 24 pounds. Thanks to him I feel and look better than ever," said Maldonado. This is just but one of the stories that make our beloved military one full of resiliency and camaraderie.

Soldiers like SPC Padilla, with his willingness to give himself to others, and soldiers like SPC Maldonado with the disposition to make the sacrifices to better his quality of life are the ones that make the difference.



From left, to right: SPC Claudio, SPC Menendez, SPC Gutierrez, PFC Rivera, SPC Padilla, SPC Alvarez, SPC Rivera and SPC Maldonado before starting their workout.



SPC Padilla showing the steps of a proper lift to SPC Maldonado



SPC Padilla coaches PFC Rivera while he lifts.



The longest Christmas celebration in the world takes place on my glorious island of Puerto Rico. Starting from the last Thursday in November till the 14 of January, it includes Santa Claus, New Years and also “Los tres reyes Magos”, with an additional eight more days of celebration called “las octavitas”.



There is a great emphasis on food in “la isla del encanto”. We have the main dishes of “nuestras abuelitas”. These include “arroz con gandulez”, “lechon asao”, a “pastelon” with some avocado, complimented with “unos tostones de pana”. This is just part of the delicious food we have. There is also

the “Tres leches”, different types of flan, special drinks like the famous coconut and rum drink “Coquito”, “pitorro”, “guineos en escabeche”, and the “mofongo”.

While we eat we are also doing the “parrandas”. These are basically a group of people that gather in front of each house playing Salsa, “bomba y plena” music from night to morning. They will not stop until you open the door and invite them in, and everybody enters to drink, party, dance, and eat your food. After about an hour you join them to go to another house and repeat. By morning, with a gathering of instruments, food, drinks and a whole lot of exhausted people at one house, you’ll find them eating “asopau”. This is like a recovery drink for us “boricuas”, because of course the party has to keep on going. At the Capital there is also the great “Fiestas de La Calle San Sebastian” that starts where crowds and crowds of people gather in the San Juan streets and party for four days straight, nonstop.

It’s the best holiday we “boricuas” have, but even though the food and the parties are incredible, nothing compares to what the holiday itself truly means: A celebration of friendship and family. Our “abuelitas” feel a lot younger just having the family

together, they love to cook. “Mi abuelita” is the best, she makes it her duty to make everybody feel special. Her food is amazing and her heart is greater. Just seating with her at my side, and the family around me, makes every dish smell and taste better, makes every song sound sweeter and every



present you open feels like you are a kid again. I miss my family and my Puerto Rican Christmas. Everyone in the world should go to that tiny island on Christmas. When you experience something so magical everything else just seems...

By:
SGT Yonathane Rodriguez
1010th EN CO (PR ARNG)



BUEHRING
03 DEC – MWR OASIS/STAGE @1800

PATRIOT
04 DEC– MWR STAGE & BASKETBALL @1900

ARIFJAN
12 DEC – COMMUNITY CENTER @1800

NATIONAL GUARD

BIRTHDAY

10K

DECEMBER 13

CAMP	TIME	LOCATION	CONTACT
ARIFJAN	0600	Zone 1 Fitness Center	430-1302
BUEHRING	0600	Eisenhower near MWR Stage	438-3130
PATRIOT	0500	ECP # 3	839-1247

WINNER OF THE MONTH



NOVEMBER

Our Spot the Difference Winner for November is 1SG Nathan Keach (KY ARNG). A native of Bagdad, KY, Keach is a lover of watching NASCAR. He currently works at the Aviation Support Company for the Bravo Company 351st ASB. His lives by this motto, "Never Quit."

INSPIRE YOU



CSM Brunk Conley, the top enlisted Soldier in the Army National Guard (pictured above), visited Kuwait earlier this year and retold his own Sept. 11, 2001 story.

Conley, a former high school teacher, was in class when he saw the news on television. On his own initiative, he got in his car and hurried to the armory some 45 minutes away, something the Minutemen might have done 379 years ago.

"Nobody called me. There were no orders. The governor didn't order anyone there. Nobody said, 'come to the armory,'" he said.

Eight of his Soldiers were already there. None of them had been given an order to report either.

Written by
MAJ David E. Leiva
CFLCC (MS ARNG)

SPOT THE DIFFERENCE



There are eight (8) differences in these two photos

Can you Spot them?



Send your answers to:
Raneesh.Kumar @ vectrusintl.com

MWR BULLETIN BOARD

DECEMBER 21 is

LOOK ON THE BRIGHT SIDE DAY!

The truth is, things could be worse but here we are almost at the end of 2015. We encourage you to remain optimistic, in the face of unforeseen struggles and hardships. Look on the bright side

Just For You

For those of you newcomers to ASG-KU, MWR has many amenities tailored just to meet your needs. From our relaxing Lounge facilities to our state of the art Fitness facilities, we have it. Don't miss out, take advantage of it all and let us take care of you while on deployment.

REMEMBER THIS IS HOME AWAY FROM HOME

So let's all do our part in keeping it

CLEAN
and making sure
unwanted guests
STAY OUT!



COMING SOON IN ENTERTAINMENT DECEMBER

NHRA SHOW

1st The Rock
2nd Camp Al Jaber
3rd Camp Patriot
4th Camp Arifjan

HARLEM GLOBTROTTERS

5th & 6th Camp Arifjan

MMA FIGHTERS SEMINAR

24th Camp Buehring
25th The Rock
26th Camp Al Jaber
27th Camp Patriot
28th Camp Arifjan

DALLAS COWBOY CHEERLEADERS TOUR

25th Camp Buehring
26th Camp Arifjan

THE ADARNA BAND SHOW

30th Camp Buehring
31st The Rock

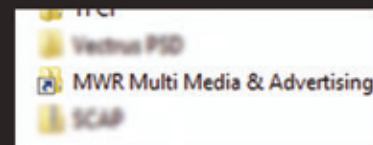
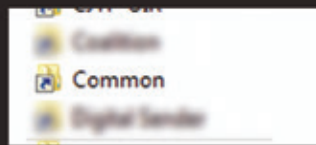
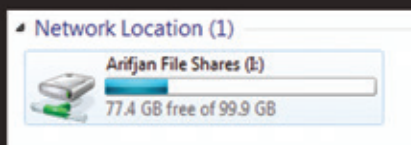
Please note these are projected entertainers; acts are subject to change

*Thank you for choosing MWR in 2015
We look forward to serving you in 2016*

NOW YOU CAN FIND YOUR MWR EVENT PHOTOS WITH 3 CLICKS

(Computer > Arifjan File Shares (I) > Common > MWR Multi Media & Advertising)

GO TO
NIPR
COMPUTER





December

Dec 12



Army Vs Navy Football Viewing
All Camps

Dec 23



North Pole Mayhem
Camp Patriot

Dec 24



Stocking Stuffers 5K Run
Camps Buehring & Arifjan

Dec 24-30



1 Pitch Softball Tournament
Camp Arifjan

Dec 25



Reindeer Games
Camp Arifjan

Dec 31



New Year's Eve Celebration
All Camps